

EAT SKINNER'S
THE BEST
MACARONI

MADE FROM THE HIGHEST GRADE DURUM WHEAT
COOK BOOK FREE
SKINNER MFG. CO. OMAHA, U.S.A.
Export Macaroni Factory in America

Your Fruit Won't
Spoil If You Use
GOOD LUCK
RED RUBBERS

Specialty recommended for cold pack canning.
Send 12¢ stamp for new book on preserving in 10¢ in
stamp for one dozen red rubber discs. You cannot get this
at your local store.
Address: Department 5, 14
BOSTON WOVEN ROPE & RUBBER CO.
Cambridge, Mass.

**RE-BUILT
TRACTION ENGINES**

From 10 to 25 H. P. of best makes. These machines
have been thoroughly rebuilt in our own shops and are
practically as good as new. We offer them at special
low prices. If interested in a large write for list.
Write 12¢. A. P. O. Box 100, 1000 Locust Street, St. Louis.

PATENTS Watson E. Coleman,
Patent Lawyer, Washington,
D. C. Advice and book free.
Same reasonable. Highest references. Best service.

Prospective Bride.
"My salary is four thousand dollars
a year. Couldn't you live on that?"
"I suppose I could manage to live
on it," replied the girl, "but I expect
to do a lot of entertaining after I
was married."

COVETED BY ALL
but possessed by few—a beautiful
head of hair. If yours is streaked with
gray, or is harsh and stiff, you can
restore it to its former beauty and
luster by using "La Creole" Hair Dress-
ing. Price \$1.00.—Adv.

A Willing Victim.
Margaret, aged four, had eaten one
of two boxes of berries that her mother
had purchased for company. Her
mother cried, "What would you do if
you had a little girl and she ate a
whole box of strawberries?"
"Oh, mamma!" she exclaimed eagerly,
"I'd make her eat the other box!"—
The Christian Herald.

**ANY CORN LIFTS OUT,
DOESN'T HURT A BIT!**

No foolishness! Lift your corns
and calluses off with fingers—
It's like magic!

Sore corns, hard corns, soft corns or
any kind of a corn, can harmlessly be
lifted right out with the fingers if you
apply upon the corn a few drops of
freezone, says a Cincinnati authority.
For little cost one can get a small
bottle of freezone at any drug store,
which will positively rid one's feet of
every corn or callus without pain.

This simple drop dries the moment
it is applied and does not even irritate
the surrounding skin while ap-
plying it or afterwards.

This announcement will interest
many of our readers. If your druggist
hasn't any freezone tell him to surely
get a small bottle for you from his
wholesale drug house.—adv.

The Hemstitched Handicap.
Oidfogge—Doesn't Swiftneck's wife
object to his staying out till two or
three every night?
Newfangle—She would if she knew
it. So far he has always managed to
get home first.—Judge.

SOAP IS STRONGLY ALKALINE
and constant use will burn out the
scalp. Cleanse the scalp by shampooing
with "La Creole" Hair Dressing,
and darken in the natural way, those
ugly, grizzly hairs. Price \$1.00.—Adv.

CUTICURA HEALS SORE HANDS
That Itch, Burn, Crack, Chaps and
Bleed—Trial Free.

In a wonderfully short time in most
cases these fragrant, super-creamy
emollients succeed. Soak hands on re-
turning in the hot suds of Cuticura Soap,
dry and rub Cuticura Ointment into
the hands for some time. Remove sur-
plus ointment with soft tissue paper.
Free sample each by mail with Book.
Address: postcard, Cuticura, Dept. L,
Boston. Sold everywhere.—Adv.

The Answer.
"None but the brave deserve the
fair."
"Well?"
"Don't you know the answer?"
"No."
"Enlist first and propose to me
afterwards."

IMITATION IS SINCEREST FLATTERY
but like counterfeit money the imita-
tion is not the worth of the original.
Insist on "La Creole" Hair Dressing—
it's the original. Darkens your hair in
the natural way, but contains no dye.
Price \$1.00.—Adv.

Subject to It.
"Is your husband subject to drafts?"
"Yes, indeed. He catches cold at
the slightest thing."

No wonder a young man is all
broken up when his best girl throws
him down.

When Your Eyes Need Care
Try **Morine Eye Remedy**
It is the only eye remedy that
cures all eye troubles, and is
sold by all druggists.

SELF HELPS for the NEW SOLDIER

By a United States Army Officer

(Copyright, 1917, by the Wheeler Syndicate, Inc.)

THE SOLDIER'S STEP AND ITS IMPORTANCE.

As soon as the young soldier has
learned to stand correctly he must
learn how to step and to walk. If he
does not learn how to walk, he will not
know how to march, he is of no more
use to a military organization than an
actual "tin soldier."

A soldier must learn how to step—
that is, to walk—for two reasons: he
must learn how best to utilize and con-
serve his muscles, and how to conform
to group movements.

All a soldier's work is figured on a
basis of the normal man's capacity. The
normal man's capacity is likewise
figured on the possibilities of the natu-
ral—and normal—use of the muscles. It
is not founded upon the subnormal or
abnormal use of the muscles. The readiest
way to fit oneself to become a soldier,
therefore, is to teach the mus-
cles to function correctly.

The normal step of the soldier is
thirty inches. That fact must be kept
in the mind until it grows there. Prac-
tice in marching will extend the step
of some to that length and reduce that
of others. If this standardization did
not take place—did not become habit—
the step of the long-legged soldiers
would invariably walk away from the
short-legged soldiers and pull the
whole line out of shape. This is what
always takes place with green troops.
The tall man strikes out at a swing
which keeps the short man on a trot.
And not only is the united endurance
reduced according to the proportion of
short men in the company, but the tall
man cannot hold out with their equip-
ment to nearly the same extent that
they could if they adopted the com-
pany stride. Uniform motion is con-
spicuous, and the stimulus imparted to
all helps to carry those for whom the
longer step might at first be an exer-
cion.

A man must not walk on his heels.
This throws his whole physique out of
gear. It renders more difficult the
thirty-inch step. A man must walk on
the balls of his feet. He must bear the
weight of the body easily with him—
not drag it along behind him. The
length of the step, thirty inches, is
measured from heel to heel and is tak-
en at the rate of 120 a minute.

Thirty inches—remember! No good
soldier ever steps, or marches, other-
wise unless specifically commanded to
do so. Furthermore, the good soldier,
while marching in this the soldier's
basic, or normal step, is, except for the
swing of the legs and arms, in the po-
sition of attention—described in a pre-
ceding article as the fundamental po-
sition of the soldier.

HOW AND WHY, THE SOLDIER CHANGES STEP AND DIREC- TION.

The 30-inch step—known as "quick
time"—is the basis of all military
movement. Nevertheless, a soldier
should be no more absolutely confined
to this step than a baseball player is to,
say, base-running. Otherwise, a
soldier could not charge.

For this reason "double time" is pro-
vided. The "double time" step (there
is no "double-quick") is 36 inches. It
is executed at a cadence of 180 steps
a minute.

There is, in addition, the "rout step,"
for the march, whereby each man can
take the step which suits him best;
yet after long training in the "quick
time," he will find that his rout step
will approximate that measure. There
is also the "half step," 15 inches in
quick time, 18 in double time.

At the command of "charge!" either
from standing position, the quick
step, or double time, the soldier breaks
into a full run, in which the step is
governed only by the reach of his legs.

For the same reasons that all mil-
itary movements cannot be reduced to
a single cadence, it is no more prac-
ticable to limit a soldier to a single
direction of advance. For this, the sol-
dier is taught the side step and the
back step, the "left face," "right face"
and "about face."

The side step, under the command
"right step," consists of carrying the
right 15 inches to the right and bring-
ing the left foot up beside it until com-
manded to "halt!"

"Left step" is, of course, the reverse
of "right step." The back step is ex-
ecuted by taking steps 15 inches to
rear at the command, "Backward,
march!" and continuing until brought
to a halt. The side step and the back
step are almost invariably confined to
short distances, and employed for the
purpose of dressing a line. All steps,
except "right step," begin with the left
foot.

The facings "right," "left" and
"about" are executed from the po-
sition of attention. In "right face" raise
the left heel and the right toe slight-
ly; face to the right, turning on the
right heel, assisted by a slight pres-
sure on the ball of the left foot; place
the left foot by the side of the right.
The "left face" is the converse of this
movement. "Right (left) half face" is
executed similarly to an angle of 45
degrees.

"About face" consists in carrying the
toe of the right foot a half-foot length
to the rear and slightly to the left of
the left heel without changing the po-
sition of the left foot; face to the rear,
turning to the right on the left heel
and right toe; place the right heel by
the side of the left.

Being in Bee's Defensive.
The sting of the bee is not only
not as dangerous as it is generally
considered, but it literally makes bee-
keeping possible. A stinging bee is
not to be desired, for its colonies
would have to be closely guarded,
while the stinging bee is his own
home defense. Beekeepers are won't
to place colonies several miles from
their homes on bits of waste land
which they can rent from farmers
for a few pounds of honey. They visit
them perhaps once a week. There are

thieves who will climb into a second-
story window despite the fact that a
revolver may be waiting for them, and
others who specialize in placing bull-
dogs, but the successful bee-hive bur-
glar has yet to appear.

That is a Saving.
Mrs. Holditt—Electric fans in the
house are very nice, but they must
cost you a great deal.
Mrs. Stinger—Yes, they do; but
you'd be surprised to know how long
a box of matches lasts.

THE SALUTE AND ITS SIGNI- FICANCE.

As soon as the new soldier is able
to take his eyes off his feet and his
step, he sees that he is elbow to elbow
with other soldiers. He sees that he
belongs to an organization. He sees
that he has a definite place in that
organization. The more constantly
that he can be reminded of his place
in the organization, the more ade-
quately will he fill it. That is, the more
adequately will he fill it if he is an alert,
intelligent American soldier.

The structure of the organization,
when a unit is not drawn up at at-
tention, is instilled in his mind through
military honors and courtesies. This
is epitomized in the salute. The salu-
te is not a symbol of inferiority, it is
a simple reminder of the soldier's
place in the scheme of the organiza-
tion. It is a reminder of the authority
to which he must at all times be sub-
ject, if there is to be discipline; and
it is a recognition of the source of that
authority.

The soldier salutes commissioned of-
ficers—from second lieutenant to gen-
eral. He does not salute noncommis-
sioned officers—corporals and ser-
geants. But he grants them deference
and obedience, nevertheless, in a
limited degree, which keeps the chain
of authority intact.

The salute not only is no symbol of
inferiority, but is a privilege. Only a
soldier in good standing is entitled to
salute his officers and to receive the
officers' acknowledgment in return. A
soldier under arrest cannot salute.

The salute is performed at present
with the right hand only. The move-
ment must be executed "smartly." A
lacking, ragged salute is no real mili-
tary courtesy. It is nearer to an af-
front. For it is neither courteous nor
military. The right hand, therefore



The Salute.

is raised "smartly," until the tip of the
forefinger touches the brim of the hat
or cap—at least the lower part of the
headress—or the forehead above the
right eye, thumb and fingers ex-
tended and joined, palm slightly in-
clined to the left. The forearm is in-
clined at an angle of about 45 degrees,
with the hand and wrist straight. At
the same time the soldier must look
toward the officer saluted, and stand
at attention, except for the hand
raised in salute. When his salute has
been acknowledged, he drops his hand
"smartly" to his side.

Salutes are exchanged between offi-
cers and enlisted men as they meet
each other, except when they are in
military formation, or at drill, at work,
playing games, or at mess. At these
times, only, it is not necessary to ex-
change salutes. If, however, the offi-
cer speaks to a soldier at drill or at
work, or the man speaks to the officer,
he gives the prescribed salute with the
weapon he carries, or, if unarmed, with
his right hand as above described.

The new soldier should become pro-
ficient in the salute and the rests af-
ter a few earnest efforts; they are
among the simplest movements re-
quired of the soldier.

When a soldier is at attention, the
position may be relaxed by the com-
mand "at rest" or "at ease." On re-
ceiving the former command, the sol-
dier keeps one foot in place, but is per-
mitted to move the rest of his body
at will and talk, until he receives the
command "attention." At the command
"at ease," the soldier may do as when
he receives the command "at rest" with
the exception that he must maintain
silence. From these two positions he
must spring instantly to attention and
command.

Parade rest is a ceremonial po-
sition of rest, and in the same general
category as the salute. At the com-
mand "parade rest," carry the right
foot six inches straight to the rear, left
knee slightly bent; clasp the hands
without constraint in front of the cen-
ter of the body; fingers joined, left
hand uppermost, left thumb clasped by
the thumb and forefinger of the right
hand; preserve silence and steadiness
of position. A common fault is for
the soldier to lean backward when
assuming this position. When execut-
ing properly, the upper part of the sol-
dier's body and his head are held in
the position of attention.

DECIDES WOMAN HAS 2 LEGAL HUSBANDS

Judge Brings About Novel Status
by Ruling in Divorce
Case.

New York.—Mrs. Mary Timchik oc-
cupies the unusual distinction of being
the legal wife of two men. That novel
status has been fixed for her through a
decision rendered by Justice Green-
baum refusing a divorce to George
Timchik, her first husband, who named
his wife's second husband as co-
respondent.

Mr. and Mrs. Timchik married in
1906. They separated in 1908. Seven
years later Mrs. Timchik made an ex-



Believing Him Dead, She Remarried.

tended search for her husband with-
out finding him. Believing him dead,
she remarried. Then Timchik re-
appeared and brought his suit for di-
vorce.

"Where one enters into a second
marriage," said Justice Greenbaum, in
his decision, "after an absence of five
consecutive years of the husband or
wife, as the case may be, in good
faith, and in the belief that the for-
mer spouse is dead, the second mar-
riage is lawful."

Justice Greenbaum decided that
Timchik, his former wife or her sec-
ond husband may bring a suit for the
annulment of the second marriage,
which, if granted, would restore her
as the wife of Timchik. In the mean-
time the second marriage must be
considered in force and the first one
in abeyance.

GIRL "KIDS" THE PRESIDENT

Washington Telephone Maid Calls Him
"Woody Old Top," and
Chides Him.

Washington.—One of the most com-
petent and popular telephone girls at
a leading hotel in Washington, D. C.,
received a call a few days ago. The
party wished to converse with one of
the hotel guests. The operator in-
quired the name.

"Woodrow Wilson," came back over
the phone.

Now the gag is an old one and the
"wise" telephone girls are on. So this
one came back:

"Well, Woodie, old top, how are
you?" she gently chided. "You haven't
called, for several days. You don't
know how I have missed your sweet
voice over the wire. Where have you
been?"

The voice said it would like to have
the call and minded not at all the
telephone girl's "tatty." By and by the
response came and the girl heard
things that worried her. She looked
thoughtful and chewed her mint more
vigorously.

"I wonder if it could have been the
president," she mused. Nervously she
called the White House. One of the
secret service men responded and the
girl asked if a call had recently been
sent to such and such a hotel.

After a minute's delay the reply
came back:

"Yes, the president has been talking
to Hon. — of New York."

"My Gawd," was the reply.

WIFE TOOK THE GOLD FROM HIS FALSE TEETH

New York.—War is mild com-
pared to the domestic experi-
ences alleged by Capt. W. At-
wood French before Justice Cal-
laghan. Mrs. French sought a
separation, but failed. The wife is
forty, the husband seventy.

Mrs. French admitted taking
the gold filling from her hus-
band's false teeth, but said he
had left her penniless. Captain
French is in the employ of the
water department.

Mule Hangs Itself.
Hedgerville, W. Va.—A mule owned
by Charles Graybill, near here, com-
mitted suicide the other day, after a
previous futile attempt. One morning
the mule was found hanging in
its stall, and was rescued just in
time to prevent strangulation. The
next night the animal succeeded in
hanging itself.

Cause of the Tide.
The urge of the mass of the moon
on the water is three-fifths and that of
the mass of the sun two-fifths. But
this ratio varies with the complicated
variations of distance of the moon
from the earth, and earth from the
sun.

River Three Miles Broad.
The River Orinoco, in South Amer-
ica, is over three miles broad for nearly
half its course, while during floods
the width, even at places far from the
mouth, is often 100 miles.

FARMS THE SOURCE OF WEALTH

Careful Tillage, Good Manage-
ment and a Beneficent Soil.

Reading the reports of the managers
of the chartered banks in Canada, one
is struck by the wonderful showing
that they have made during the past
two or three years. They are careful
in their statements, and while they
attribute the success that they have
met with, together with that which has
followed other lines of business, they
are careful to emphasize the fact that
the condition of big business may not
continue. On the other hand, they
point out that the material and funda-
mental source of wealth is the farm.
While other lines of business may have
their setbacks, and while care and
scrupulous care, will have to be ex-
ercised to keep an even balance, there
is but little risk to the farmer who on
economic and studied lines will carry
on his branch of industry and endeavor
to produce what the world wants not
only today, but for a long distance into
the future, with a greater demand than
ever in the past.

Speaking recently before a Canadian
bank board at its annual meeting, the
vice president, once a farmer himself,
said:

"The farm is the chief source of
wealth. We have now three transcon-
tinental railways with branches run-
ning through thousands of miles of
the very best undeveloped agricultural
land in the world. In the natural
course of things, these must attract
immigration. The products of the farm
are now commanding the highest
prices ever known, and in my opinion
even after the end of the war, high
prices for foodstuffs must continue to
prevail. With the mechanical appli-
ances now available for farm work,
the farmer needs no considerable supply
of extra capital, but should be helped
to the extent needed upon good secu-
rity. The food supply of the world is
short, the demand is likely to increase
rather than decrease. Development
of mines, extension of factories and
the reconstruction of devastated Eu-
rope must all call for supplies for the
workers. On the whole, the farmer
has been helped rather than hurt by
the war, and will continue to be, at
least for a long time to come."

Many men of authority and intelli-
gence support what the vice president
has said, and their statements are
borne out by the facts that readily pre-
sent themselves. The different grain-
producing countries of Europe have
been robbed of the man power that de-
veloped their agriculture, the farms
have been devastated and laid waste.
Full and complete reliance will have
to be placed on the United States and
Canada, and from what we see today,
it will take the combined forces of
these two countries to come anywhere
near meeting the cry that will go out
for food. The warnings and appeals
sent out by the heads of these two
countries are none too soon nor too
urgent. Therefore, it becomes neces-
sary for those who can produce to
exert themselves. Secure land, rent it,
buy it. Get it somewhere, some way,
and have it operated. The Canadian
Government, sending out its appeal, is
not selfish in this matter. Thousands
of acres in the United States await
the tiller's efforts, and none of it
should be idle. Canada, too, offers
wonderful advantages, with its free
lands and its low-priced lands, to those
desirous of helping the nation, and im-
proving their own condition at the
same time. Many are taking advan-
tage of this wonderful opportunity.—
Advertisement.

Not Quite the Same.
She (tearfully)—You said I'd
marry you, you'd be humbly grateful,
and now—
He (sourly)—Well?
She—You're grumbly hateful!—Lon-
don Answers.

When a woman feels her superiority
she never overlooks an opportunity to
show it.

Some men believe in the divine
right of others to fight for their coun-
try.

Net Contents 15 Fluid Ounces
900 DROPS

ALGOL-8 PER CENT.
A Vegetable Preparation for
Assimilating the Food by Regula-
ting the Stomach and Bowels of
INFANTS, CHILDREN

Thereby Promoting Digestion,
Absorption and Best Assimila-
tion of Food, Morphia and
Mineral. NOT NARCOTIC

Prepared by J. C. FLETCHER
St. Louis, Mo.

A helpful Remedy for
Constipation and Diarrhoea,
and for Indigestion and
Loss of Sleep
causing Nervous Exhaustion

Best Medicine of
Children

The Great Remedy
for
Children

Too Sick To Work

Many Women in this Condition Re-
gain Health by Taking Lydia E.
Pinkham's Vegetable Compound.

Convincing Proof of This Fact.

Ridgway, Penn. — "I suffered from female
trouble with backache and pain in my side for over
seven months so I could not do any of my work. I
was treated by three different doctors and was
getting discouraged when my sister-in-law told me
how Lydia E. Pinkham's Vegetable Compound had
helped her. I decided to try it, and it restored my
health, so I now do all of my housework which is
not light as I have a little boy three years old."
— Mrs. O. M. RHINES, Ridgway, Penn.

Mrs. Lindsey Now Keeps House For Seven.

Tennille, Ga. — "I want to tell you how much I have benefited
by Lydia E. Pinkham's Vegetable Compound. About eight years ago I
got in such a low state of health I was unable to keep house for three in
the family. I had dull, tired, dizzy feelings, cold feet and hands nearly
all the time and could scarcely sleep at all. The doctor said I had a
severe case of ulceration and without an operation I would always
be an invalid, but I told him I wanted to wait awhile. Our druggist
advised my husband to get Lydia E. Pinkham's Vegetable Compound
and it has entirely cured me. Now I keep house for seven and work
in the garden some, too. I am so thankful I got this medicine. I feel
as though it saved my life and have recommended it to others and
they have been benefited." — Mrs. W. E. LINDSEY, R. R. 3, Tennille, Ga.

If you want special advice write to Lydia E. Pinkham Medi-
cine Co. (confidential) Lynn, Mass. Your letter will be opened,
read and answered by a woman and held in strict confidence.

But Not at Home.
The man next door was repairing a
chewed-up inner tube belonging to his
auto tire equipment. George was
watching him. The man laboriously
pumped and sweated and fumed and
fretted as he worked. He was glad
of one thing. He was not out on some
lonely, dusty, country road. At last he
was through.
"George," he asked, as he rested in
the "shade of the old apple tree," "does
your father ever have any old tire
trouble?"
"Yes," answered honest George, "but
he never fixes any of them at home."

Complex.
Mrs. Wagon—Where did Mrs. De
Style get her new Easter hat?
Mrs. Blake—That's a problem. She
bought it with the money which her
husband borrowed from her uncle, who
won it in a poker game from her brother,
to whom she had loaned it shortly
after her mother had taken it from
her father's pockets and given it to
her for a birthday present.—Life.

THIS IS THE AGE OF YOUTH.
You will look ten years younger if you
darken your ugly, grizzly, gray hairs by
using "La Creole" Hair Dressing.—Adv.

The Approach.
Necyone—I'm going to ask old Got-
rox for his daughter's hand. What's a
good way to begin?
Smart—Oh, spring a few other jokes
on him first to see how he takes them.

Some men are afraid to marry and
some are fearless until after they
marry.

Hot heads and cold feet cause most
of our trouble.

TYPHOID is no more necessary
than smallpox. Any
experience has demonstrated
the almost miraculous effi-
cacy of the latest vaccine.
Be vaccinated NOW by your physician, you and
your family. It is more vital than house insurance.
Ask your physician, druggist, or send for "Have
you had Typhoid?" telling of Typhoid Vaccine,
results from use, and danger from Typhoid Carrier.
Preventing Vaccine and Serum under U. S. License.
The Cutter Laboratory, Berkeley, Cal., Chicago, Ill.

Kill All Flies! THEY SPREAD
DISEASE
Faced your flies, they fly everywhere and breed
fast. Kill them, clean, ornamental, convenient, and cheap.
Lasts all summer. Kills all house flies, stable flies, and
other annoying insects. No harm to children or pets.
Daily Fly Killer
Kills all flies, no matter how many, in 10 minutes.
By mail, 10¢ per box, or 10¢ per box, 10¢ per box.
HAROLD GORDON, 100 E. 4th St., St. Louis, Mo.

**PARKER'S
HAIR BALM**
A toilet preparation of merit.
Keeps the hair clean, soft and
shiny. For restoring color and
beauty to gray or faded hair.
Solely by mail, 10¢ per box.
W. N. U., ST. LOUIS, NO. 26-1917.

Children Cry For
Fletcher's
CASTORIA

What is CASTORIA
Castoria is a harmless substitute for Castor Oil, Paregoric, Drops
and Soothing Syrup. It is pleasant. It contains neither Opium,
Morphine nor other narcotic substance. Its age is its guarantee.
For more than thirty years it has been in constant use for the
relief of Constipation, Flatulency, Wind Colic and Diarrhoea;
allaying Feverishness arising therefrom, and by regulating the
Stomach and Bowels, aids the assimilation of Food; giving
healthy and natural sleep. The Children's Panacea—The
Mother's Friend.

GENUINE CASTORIA ALWAYS
Bears the Signature of
J. C. Fletcher
In Use For Over 30 Years
The Kind You Have Always Bought